



HOW TO CREATE A TRANQUIL HAVEN

The magical effect of being outdoors and in touch with nature is stress relief in itself. And, as we said last month, crafts are a great way to relax, too. Now author Josie Curran has combined both activities in *The Book of Summer: How To Stretch Out Those Halycon Days* (£12.99, Virgin Books). We love her tip for transforming your garden shed into a zen haven: 'Once you've cleared it out, paint it with muted creams or duck egg blues, then let your



creativity run free on the inside. Trawl charity shops for wood tables and chairs that can be brought back to life with a lick of paint. Soften the feel by covering the floor in rugs and cushions. Relax and enjoy!

WELLBEING NEWS



Everything you need to give your mind a boost

By senior health & beauty writer
Fiona Embleton

Inspiration

'The best way to cheer yourself up is to try to cheer somebody else up'

Mark Twain, American author, and sometime self-help guru



Quick tip

Soothe away stresses by pouring the warm wax from the Oskia Rose de Mai Skin Smoothing Massage Candle, £34.50, onto your skin, as it doubles up as a brilliant massage aid.



APP OF THE MONTH

You can put some real tweeting into your life because leading radio maker Pure has teamed up with the Royal Society for the Protection of Birds (RSPB) to create an uplifting app of birdsong from the top 50 UK birds (£2.99; theloung.com). 'Early humans came to associate birdsong with areas rich in resources, such as food and vegetation - hence why we associate birdsong with elevated mood,' says psychologist Dr Lance Workman.

DID YOU KNOW...

Diarrhoea isn't always down to 'bugs'

Bacterial or viral infection is just one of many causes - stress, and spicy or oily food can be triggers, too. What's more, 50% of those with irritable bowel syndrome experience diarrhoea, while one in five women suffer during their period. But there's no need to delay treatment, especially when Imodium Instants can provide fast, gentle relief from diarrhoea in just one hour.



For more on busting the myths surrounding diarrhoea, visit www.imodium.co.uk/myths. Imodium Instants contains Loperamide. Always read the label.



Top Santé loves...

Tata Harper Aromatic Bedtime Treatment, £52

This handy rollerball contains calming mandarin, melissa, clary sage and lavender. 'For restful sleep, rub into your hands and take eight deep breaths, then apply to pulse points on the inside of your wrists and behind the ears,' recommends Harper.

This month I've been... **DE-STRESSING** with The Spell foot massage (£50 for 60 mins) at Lush Spa (lush.co.uk), which has also left my feet wonderfully smooth and flip-flop ready. **DRINKING** de Mamiel Beauty Tea, £15 (cultbeauty.co.uk), a therapeutic blend of lemon verbena, seabuckthorn and German chamomile, to flush out built-up toxins and make me feel more balanced. **FOLLOWING** facialist Sarah Chapman's advice to pinch your eyebrows just along the arch to relieve tension. It works!